University Health Council Meeting Minutes
Friday, May 3rd, 2024
Meeting called to order by Chair Ellen Lutz

Present:
Ellen Lutz (Chair, Libraries), Ivan Correa (UHS), Patti Cromak (CNS), Mike Pease (SPP), Jeff Hescock (EHS), Joe Van Allen (CDPS), Liz Bertone-Johnson (SPHHS), Betsy Cracco (Vice Chancellor for Campus Life and Wellbeing), Andrew McMahon (UHS), Wilmore Webley (VP for Equity & Inclusion), Katie Dixon-Gordon (PBS), Michele Cooke (UMAIDA, Guest)

1. **Introduction of Health Council members**
2. **Meeting Minutes from 04/05/2024**

   -Minutes Approved

3. **UMass Allies for Illness and Disability Access (UMAIDA) – Michele Cooke**

   UMAIDA is an employee resource group focused on faculty and staff with disabilities, chronic illness, and mental illness. Allies are an important part of their community. One of several Employee Resource Groups launched in February 2020 set up around faculty/staff identity groups. (https://www.umass.edu/diversity/umaida)

   Mission statement: “UMAIDA promotes a supportive network and work environment that is inclusive and accessible for all individuals with lived experience of disability, deafness, illness (chronic and mental), injury, neurodiversity and their allies. The group also focuses on ways to support the recruitment, retention, professional development and career advancement of employees with disabilities.” They define disability in its most broad way.

   They have a small steering committee made up of volunteers. The group meets monthly on Zoom (currently the third Friday) and maintains both a Google group listserv and a Microsoft Teams channel. Information on how to get added to those is on the website, but Michele said you can also email her.

   They recently launched a survey and held a listening session about the Disability Cultural Identity Center they are championing.

4. **End of Year Wrap-up & Looking Ahead**
    a. Thoughts/Ideas/Items to Share?
        i. SGA Wellness Weekend May 3-5 – information was shared by Amira, SGA Secretary of Health & Wellbeing via email
        ii. Positivity & Relaxation Training - Mike Pease shared flyer via email. Mike reported that about half the sessions are mostly full already. Betsy made a shout out for the program – it shows a lot of impact for students emotional regulation and stress reduction. About 700 students (both undergraduate & graduate) take the training per year.
        iii. Bonfire on Thursday, May 9 from 5-9pm. No reservations needed.
        iv. Finals Fun at the Libraries – activities for stress reduction - May 12-17
    b. Day/Time and Format for AY24-25 meetings – what are your preferences?
        i. Fridays are good and folks like Zoom.

The meeting was adjourned about 12:40 PM.

Minutes prepared by Ellen Lutz (Health Council Chair)